

Dear members of the selection committee,

I am writing to express my keen interest in the Master's Degree in Managing Digital Transformation in the Health Sector, jointly offered by the University Institute of Lisbon (Portugal), the Aristotle University of Thessaloniki (Greece) and Laurea University of Applied Sciences (Finland). I've been a licensed physiotherapist since 2020, after finishing my bachelor's degree in physiotherapy in the Polytechnic Institute of Setúbal, in Portugal, with a final grade of 15 out of 20.

From the first moment I enrolled in university, my goal was to commit myself to learning more about the world of physiotherapy. The integration of new technologies in healthcare instantly grabbed my attention. At an early stage of my studies, I spent a day volunteering at a Parkinson's disease centre. It was invigorating to witness how the professionals worked with their patients through digital apps, and how these practises enhanced and vastly contributed to the overall treatment of the patient. I saw first hand, considerable progression with only one session of these exercises. The commitment of everyone involved was inspiring, and solidified what was initially an interest, into an ambition. I have been striving to work towards gaining further knowledge and experience in this area ever since.

Throughout my academic and working life, I've aspired to enhance my experience with the practical use of digital health tools.

During my bachelor's degree I had the chance to work intensively with applications for strength measuring as part of my final project. My first job in the industry after graduating, was working as the physiotherapist of a basketball club, which had a very limited medical department. I was handed the task of managing data regarding the athletes information, as well as managing their medical notes and results. It was my responsibility to perform tasks which included injury prevention and rehabilitation, providing first aid care, along with a variety of other administrative tasks.

I spent two years working there, I then sought to find a new opportunity where I could work alongside other physiotherapists and healthcare professionals. The next step for me was a rehabilitation clinic, where I have spent the last three years working. I was surrounded by colleagues that could provide open discussions, and offer their experience to guide me on my path. A further academic progression of mine was completing the first year of a Master's degree in physiotherapy in musculoskeletal conditions. It gave me a chance to gain further insight into the impact of technology in healthcare, by studying a virtual reality based plan for sedentarism prevention.

After focussing on standard clinical procedure for the last three years, I want to gain more experience in technological competencies, that will allow me to bridge the gap between frontline clinical practice and strategic digital implementation. I've only worked in places where I had to work around a lack of resources, so I want to be in touch with digital health and to be able to offer these solutions to my patients. In a world that gravitates to a digital life each passing day, I feel the need to provide the accessibility and creativity of these tools within healthcare services, and I think the program tackles the skills that I'm missing in order to offer those services. Additionally, I value the multicultural setting of the degree, and hope to connect with professionals around Europe for further development on this topic.

I'm really grateful for your consideration and your time reviewing my application. I've been looking for a way to develop my skills in digital health for some time and I'm really interested in this program. I'm looking forward to hearing back for you.

Best regards,

Débora Fernandes